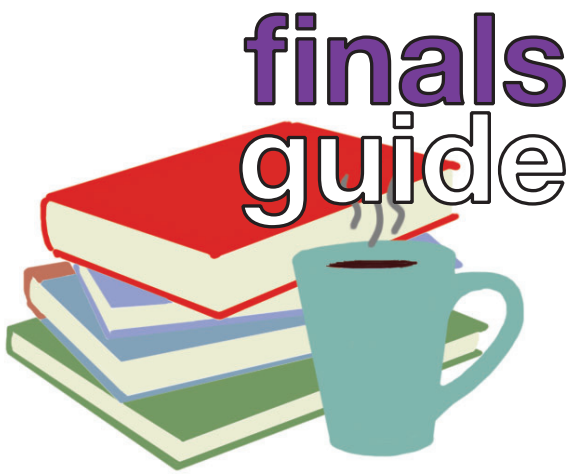




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Ways to prevent, manage stress of finals week

Shelbi Markham
contributing writer

The school year is coming to an end, but before it is over, there is one last thing for students to do: take their final exams. For students, finals week can mean endless hours of studying, finishing up projects and dealing with the accompanying stress. While finals week is an unavoidable aspect of college, there are steps that students can take to prevent and help deal with the ensuing stress.

The main causes of stress during finals week typically stem from assignments, deadlines and studying for exams. At the same time, some students are preparing to pack up and head home or to another destination for the summer.

With all the things to do, it can become overwhelming, said Jan Miller, doctoral psychology intern in the Counseling Services department.

"I think sometimes students put things off till the last moment, and I know sometimes things tend to pile up at the end," Miller said.

Getting adequate sleep, eating well, exercising, drinking enough water and using good time management are all positive ways to prevent stress. Doing work in chunks can also help students avoid feeling overloaded with work, Miller said.

This is a strategy that works for Jenny Latta, junior in elementary education.

"I work ahead and set little goals for myself. I try not to think of everything at once," Latta said.

For Patrick Ahrens, junior in agricultural business, the key to remaining stress free during finals week is to prepare early and take breaks.

"I would study sooner, and find ways to take your mind off things for a while," Ahrens said.

It can be difficult to completely eliminate stress, but Miller said she believes that stress at a healthy level is actually necessary. Stress and anxiety can be used as positive motivators for completing work and studying for tests. Individual students can handle different levels of stress, and it is important to know your own level, Miller said.

As well as good time management, getting exercise is another way to relieve stress. Even during finals week, taking a break to exercise can help relieve stress and improve mood. Miller recommends getting consistent exercise to help regulate stress levels and improve mental functions and to help students get refocused and re-energized.

Mitchell Ritter, freshman in mathematics and statistics, uses exercise to take a break from studying.

"I make sure to get good sleep and work out," Ritter said. "Working out takes my mind off things. It's a mental relief."

Having a friend or family member to lean on or a partner to study with can help ease the burden of stress during finals week, Miller said. This is another tactic that Latta uses.

"I either talk to my parents or friends. I also try to make time for myself and take a break, like last weekend I went to get ice cream," Latta said. "I think I am usually clearer minded after talking through my problem with someone. It really helps."

Another resource for stressed students is the Counseling Services office. Counseling Services has several online resources that give advice and tips on managing stress during finals. These sites can be accessed through the University Life Cafe website



photo illustration by Parker Robb | Collegian

Managing time well, planning ahead and spreading out the workload are several ways students can relieve the unavoidable stress of finals week.

STRESS | pg. 2

Popular study spots on and off campus

Morgan Huelsman
staff writer

Finals week can be a very stressful time for students, especially when it comes to finding the perfect place to study.

Many students go to Hale Library because it is open 24 hours and has many desktop computers and open tables. Although Hale Library is large, with a campus of almost 24,000 students, it can be overwhelmingly packed during finals week. But it is not the only place to study.

"The library and maybe other popular locations for studying are a bit crowded," said Steven Danda-

neau, vice provost for undergraduate studies. "It would be helpful to have people spread out and have more quiet space."

On campus, the Leadership Studies building, K-State Student Union and the Alumni Center are just a few of the places students can find space to study.

The Leadership Studies building will be open 24 hours a day Sunday through Friday of finals week. All areas will be available, including classrooms and study nooks.

The K-State Student Union is another place on campus that has extended hours for finals week. Sunday through Thursday, the ground and first floor will be open

24 hours.

Audrey Taggart-Kagdis, assistant director of the Union, said the space offers a variety of resources for students who want to study there.

"The Union offers 24-hour study space to support our students' academic efforts," Taggart-Kagdis said. "Also available are our two computer labs, vending machines and the convenience of the parking garage."

The Alumni Center also has extended hours during finals week. It will be open from 8 a.m. to 10 p.m. Monday through Wednesday, and

PLACES | pg. 2

Looking at the bright side: finals usher in summer fun



Jenn Sauber

Don't get me wrong — I would much rather be on a tropical island stretched out on a hammock in the warm sunlight. Or even just in my bed, sleeping in. But since neither of those two options are available right now, I will settle for the third best way to finish out a semester — finals week.

Finals week is notorious for being stressful and hated by all students. While I don't exactly look forward to finals week, I don't dread it, either. Here's why.

During finals week, my planner is blissfully bare. I have to show up in three places, at three specific times. That's it. I know exactly what is expected of me and when it is expected. Unlike normal weeks, which are full of so many things that I have to write my "to-dos" on sticky notes because my planner gets too full, finals week is simple. There are no more busy-work assignments. No more meetings to attend. No events to plan. I can actually focus on my exams and projects for an entire week instead of dividing my time and attention between a dozen or so different things.

Since there are fewer distractions and outside responsibilities, finals week is flexible. I am free to sleep until noon and stay up until 3 a.m. for an entire week with no consequences. I don't have to change out of my pajamas for days at a time. I can go out for coffee with friends any time I want. I can go out for breakfast or lunch or dinner if I want. Finals week presents a level of flexibility unparalleled except during vacation.

Another positive thing about finals week is that I see it coming. I know there

will be finals. There are no possibilities for surprises if I pay even a tiny bit of attention. I also know what the test will most likely be like because I've already taken tests from these teachers.

It can also be easy to determine the lowest final exam grade required to raise my overall grade or to keep the one I currently have. Sometimes, this can be liberating. Other times, it can be panic-inducing. If you are stressed about having to study too many different topics, do some math. A class that requires a 48 percent on the final to keep an A warrants much less time and stress than one that has the real potential to raise your overall grade a whole letter, or to allow you pass the class. This is not possible during any other time in the semester, so take advantage of it if necessary.

Of course, there is also the copious amount of studying typically required during finals week. This is partially a bummer, but it doesn't have to be torture. Venture to some non-traditional places to study. My freshman year, I spent an entire day studying for my Spanish final at the K-State home track and field meet. I got a free T-shirt, spent the afternoon on a blanket in the sun watching K-State athletes compete and I got an A on the final. Talk about multitasking.

No matter how stressful finals week is, relax. Break down each test into smaller, more manageable increments. Recruit a study buddy. Sleep until noon a few days. Take time to remember that we are at a college in a nation with the best higher education system in the world. Rejoice in the fact that your schedule only includes a handful of exams or projects. Only a few exams separate us from summer, so stock up on Red Bull and popcorn and settle in for finals week. After all, it could be a lot worse.

Jenna Sauber is a junior in print journalism and mass communications. Please send comments to edge@kstatecollegian.com.



Evert Nelson | Collegian

Studying under the canopy at the Leadership Studies Building Wednesday night, **Krystalin Steffen**, freshman in nursing (left) works on materials for a chemistry final while **Karin McVay**, freshman in hospitality management (right), writes a paper for her Comp 2 class.

Logan’s Run | By Aaron Logan



Overstudying detrimental to students, research suggests taking breaks

Jakki Thompson
staff writer

As yet another semester ends, finals week is upon us — another week of projects, readings, papers and exams. These requirements have been on the syllabus all semester, but, without fail, seem to sneak up on students and leave them stressed out and exhausted right before summer.

Although tests and projects are scattered throughout the semester, there is typically a massive increase in the amount people study for all of their classes during finals week. While being properly prepared for exams and projects is important, staying up all night before a test or cramming for hours can be more detrimental than helpful.

According to Academia International, symptoms of studying too much include an inability to concentrate, annoyance at silly mistakes, feelings of tiredness or being upset, and an inability to sleep at night because the brain is still active. The site notes that overstudying is not only mentally and physically unhealthy, but it also decreases efficiency and productivity and can make it more difficult to learn the material.

According to Learning Commons, the most effective chunk of time to spend studying is between 30 and 60 minutes. After this amount of time, researchers suggest taking a 5-10 minute break to let the mind rest. The site also suggests long-term repetition as the most effective form of studying.

According to a 2011 article from Psych Central by Rick Nauert, if you have ever found yourself fighting the urge to take a break, you should go ahead and take it. "New findings overturn traditional theory about the nature of attention and



Mohammed Alsahli, undergraduate student in the English language program, reads a book on cognitive psychology on the fourth floor of Hale Library Thursday night.

demonstrates that even brief diversions from a task can dramatically improve one's ability to focus on that task for prolonged periods," the article states.

The Pych Central article examines research that concludes that when paying close attention to one thing for a long period of time, the body becomes "habituated" and "stimulus no longer registers in any meaningful way in the brain." Research has also shown that vision significantly decreases in this type of situation.

Studying too much can come at a price, and it is not just academic. North Korea is currently leading the world in academic performance, but continues to struggle with mental and emotional health. According to a 2000 article in the Journal of Youth and Adolescence, "Korean adolescents spent more time in an emotionally aversive context, and we suspect that over time this repeated daily experience leads to the generation of depressive symptoms."

When faced with a daunting exam, it may seem that studying for hours is the only way to get a passing grade. However, this may not be the best way to approach it, at least not according to officials in South Korea. According to a 2011 article from Time Magazine, South Korean officials want to curb the number of hours students spend studying, particularly due to hagwons — private academies that students attend to supplement their regular education.

As students prepare for finals week, it is important to remember that while studying can help students get the grades they want, excessive studying can be detrimental to academics and personal health. Relax, study for short periods of time, and recognize when things become overwhelming or too difficult. Do not let finals week take more out of you than necessary.

PLACES | Alumni Center option for studying

Continued from page 1

8 a.m. to 5 p.m. on Thursday and Friday of finals week.

Lauren Chard, alumni center manager, said that the center is a great place for studying due to how quiet it can be.

"Our building is much quieter than other venues on campus, and we do have some small meeting rooms where the doors can be shut and the students can study without being distracted by the general public," Chard said.

On-campus buildings are not the

only places that offer resources and space for studying. Some places off campus are becoming popular among several students.

The most popular are shops in Aggieville like Varsity Donuts, Bluestem Bistro, Starbucks and Radina's. All four have free Wi-Fi, places to study, and coffee or treats available for study snacks.

Grace Stanfield, sophomore in entrepreneurship and employee at Varsity Donuts, said that the shop works well for a variety of students' needs.

"We also have a large area avail-

able for reservations for people who may study in bigger groups," Stanfield said.

The Manhattan Public Library, located at 629 Poyntz Ave., has a specific space set aside for students to study during finals week. The library provides free wireless internet and quiet study areas.

Whether it's for a change of scenery or to get out of Hale Library, there are many places on and off campus that provide resources for students during the final week of the semester.

STRESS | Website provides "helpful tips" to use for stress

Continued from page 1

for free at universitylifecafe.k-state.edu/.

"I've used the sites. It was helpful, but it was already stuff I knew," said Shannon Kellish, sophomore in animal science pre-vet. "There was advice on exercising, getting to the exam early, just helpful tips to know before you go to take an exam."

Miller had one final piece of advice regarding the stress of finals week.

"I think you should put yourself in the mind frame that this is going to come to an end, and that this isn't going to last forever," Miller said.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.



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Hale Library offers study space, snack bar for students during finals week



photos by Evert Nelson | Collegian

Students in Hale Library Thursday night make use of the library’s computer modules to work on various assingments. Hale has several computers throughout for student use in studying for final exams and finishing papers and projects. The abundance of computers is a major draw for students during finals week.



Steven Starr (bottom left), freshman in architecture, studies with RJ Pericola (bottom right), freshman in marketing, in the Great Room of Hale Library Thursday night. The Great Room is a designated quiet zone, which can provide a distraction-free environment.



Students work on various materials in the “We Are The Dream” room of Hale Library Thursday. The room, located on the 4th floor of Hale, is only accessible to student athletes.

Ashlee Mayo
contributing writer

For students looking to stock up on the finals week necessities of energy drinks, coffee, snacks and study time, Hale Library is the place to be.

The library will again offer a “caffeine bar” on the first floor during finals week. There, they will provide an assortment of coffee, bagels, donuts and other treats from 10 p.m. to midnight Sunday through Tuesday.

For students spending their nights hunched over books, a caffeine and snack break can be a nice pick-me-up. Veronica Dexter, senior in agricultural business, took advantage of the snacks provided last semester during finals. She said that she really appreciates the goodies during her long study sessions.

“It’s a nice little pick-me-up after being at the library for so long,” Dexter said. “They had drinks and snacks. The line was really long, so it was really popular.”

Hale Library will remain open 24 hours a day during finals week, so students will be able to study there for the entire week. Dexter enjoys taking advantage of the non-stop study session availability.

“I always go to Hale. It’s nice that it’s open 24 hours, especially during finals week,” Dexter said.

Dexter is not alone in spending long hours at the library during finals. Roberta Johnson, senior director for administrative and IT services at Hale, said students get creative when looking for a place to study or take a power nap at the library, as it is often very busy during finals week.

“We’ve seen it all. I’ve seen kids sleep on the floors of conference rooms,” Johnson said. “They’ll even create their own personal spaces using whiteboards.”

When Hale Library study sessions run long, students tend to resort to desperate measures to keep going.

“Students study until they can’t keep their eyes open; then they sleep. We’ll find evidence of where students have been. They’ll leave things behind like sunflower seeds,” Johnson said.

There are quiet zones on the first and third floors of the library during finals week for students who need relative silence. The Great Room on the third floor is also available for student use. Graduate students can take advantage of special privileges in the graduate study space on the third floor in rooms 306 and 309, though they must fill out a request form 24 hours before using the room.

It’s important for students to stay positive during finals week. Remember, it does not last forever; the end is near and summer is just around the corner.

Editor’s Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

DIET | Breakfast, hydration better than caffeine to improve long term focus

Continued from page 3

Julie Gibbs, director of health promotions at Lafene Health Center.

“Eating breakfast revs your metabolism, which improves your concentration,” Gibbs said.

Starting the day with a healthy balanced breakfast will improve concentration and reduce hunger during the day, lower cholesterol levels,

add nutrients and vitamins to the diet, and help with weight control, according to WebMD.

A common excuse for not eating breakfast is a lack of time. To solve this problem, select simple breakfast items with both carbohydrates and proteins that can be grabbed and taken on the go, Gibbs said.

“Nutrigrain granola bars, whole wheat waffles with peanut butter, any kinds of

fruit, and even chocolate milk will help you start your day off right,” Gibbs said.

This advice has worked for Ailey Connelly, sophomore in business.

“I always eat a Nature Valley granola bar within thirty minutes of waking up, and it really helps me focus during class, especially during finals,” Connelly said.

Healthy eating cannot end after breakfast. Although

many students rely on caffeine to stay awake and focused, this is not the best solution, Schalles said.

“Vitamins do not provide energy, and caffeine can give a temporary energy boost but can increase anxiety levels and sleep problems,” Schalles said. “Get your energy from food, not caffeine.”

This does not mean that students have to cut out coffee, but it does mean that

moderation is necessary, Gibbs said.

“If you’re a coffee drinker, two cups or so is just fine, just don’t drink any more than you would normally or you could become jittery,” Gibbs said.

Schalles recommends refueling your body every three to five hours and staying hydrated to ensure the best results.

“Remember to drink plenty of water, because dehydration can lead to fatigue,” Schalles

said.

Eating a healthy, balanced breakfast of carbs and protein will keep you full and focused, and arm you with the right mindset and attitude to tackle your studying and come out on top of finals.

Editor’s Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

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Library

Non finals-related relaxing or outdoor activities help students blow off steam

Chris Powell
contributing writer

When studying for finals becomes too much, it's important to take a break, relax, and "recharge your batteries." Check out these local attractions whether you need a 10 minute break or are ready to celebrate being done with finals.

Watch Iron Man 3 or another movie

In her recent review of "Iron Man 3," New York Times writer Manohla Dargis placed it in the category of "escapist entertainment," which makes it a great choice if you are ready to dig yourself out from beneath a mound of books. With a run time of just over two hours, it can be the perfect way to cap off a full day of studying or a successful final. Carmike Seth Childs 12 movie theater, 2610 Farm Bureau Road, has show times for Iron Man 3 ranging from early afternoon to nighttime all during finals week. Other movies currently in theaters include "Olympus Has Fallen" and "The Great Gatsby."

Physical Activity

Physical activity can be very helpful because it gets the body moving in a way that is the opposite of studying. While studying, many students remain sedentary while their minds are very active. Exercise moves the body and allows the brain to relax. The ability to change scenery and release endorphins and pent-up energy makes physical activity a great study break.

Brianne Heidbreder, assistant professor of political science, uses this technique during stressful times.

"For me, I'm a runner. I would go out for run if I needed to, you know if I was stressed out about finals. I would go for a run to clear my head and kind of get my energy back," Heidbreder said.

The Chester E. Peters Recreation Complex will be open from 5:30 a.m. to midnight until Thursday, May 16. Summer hours will begin Friday, May 17 and are from 5:30 a.m. to 9 p.m. All currently enrolled students can visit the center for free with their student ID card.

Hike the Konza

Experiences unique to Manhattan are the sunrises and sunsets on the Konza Prairie. Leave your phone in the car for a retreat to the prairie's 8,600 acres for an evening walk or picnic with friends. The prairie can be accessed through McDowell Creek Road south of Manhattan.

Watch the K-State baseball team beat KU

For a final get away before starting finals week, follow the K-State baseball team this weekend as they travel to Lawrence to play KU. The Wildcats are 34-15 and are coming off of winning a series against Texas in Austin. The first game starts on Friday at 6 p.m.

Watch Netflix

If physical activity does not sound like a good relaxer, an alternative is to unwind with an extensive collection of TV shows and movies using streaming programs like Netflix or Hulu.



Caitlyn Massy | Collegian

TOP: Dan Johnson, sophomore in mechanical engineering, reaches to catch a frisbee by the R lot on Wednesday.
RIGHT: Hannah Abell, freshman in elementary education, and Rachel Nyhart, freshman in anthropology and English, hang upside down on a couch in Smurthwaite Scholarship/Leadership House on Wednesday.

Many of these services offer free one-week trials, a perfect length for some free finals week distractions.

Jillian Aramowicz, senior in mass communications, enjoys a combination of physical activity and watching TV shows and movies.

"I go for a long run or I sit on my butt and watch weird amounts of Netflix," Aramowicz said.

Thank your teachers

Bruce Glymour, professor of philosophy, said that it is important to remember that professors are often stressed at this time of year, too. It can be beneficial, and nice, to send a teacher a thank-you e-mail or stop by their office to thank them in person. It is common courtesy and can be helpful when you are in need of letters of recommendation, a spot in a full course or an expert to help you find your career.

As a last resort, if nothing else can help you unwind and relax, Glymour has one last piece of advice.

"Well, I was in favor of Led Zeppelin, Pale Ale single malt. That combination seemed to work pretty well. I suppose if one of those is not legal, movies work all right," Glymour said.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.



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Effective study methods, techniques to help students prepare for finals

Kati Beaubien
contributing writer

It's that time of the semester again. Table space becomes scarce at Hale Library, coffee shop lines are out the door and students walk around in a haze of pressure to succeed on their final exams. While some students have set-in-stone ways in which they prefer to study, these methods may not be the most effective methods to retain information or prepared for final exams.

According to "Welcome to Your Child's Brain," by Sandra Aamodt and Sam Wang, one of the most effective methods is "spaced study." If time is allotted in between learning sessions for the brain to process, it will hold on to new information for a longer period of time.

According to the book, "two study sessions with time in between them can result in twice as much learning as a single study session of the same total length."

Other study techniques the book recommends include doing self-quizzes, flashcards, short tests and other methods of active studying.

There are many resources to help students actively study for their finals, such as study websites like StudyBlue, which can plug into a K-State course schedule, and MyRiBit.

Zach Stroth, sophomore in family studies and human services, takes advantage of the free services that MyRiBit has to offer.

"It offers students the chance to succeed. Students who are struggling in classes can come to the MyRiBit site and find documents there to help," Stroth said.

He said that he used MyRiBit to get through his College Algebra course last year.

"That class was absolutely rough for me. Luckily, MyRiBit had notes, study guides and past exams on there to help me study. I was able to rock my final due to all the helpful information on the site," Stroth said.

Another K-State student has taken a different approaches to preparing for finals.

"I have done many things to make sure I perform at my best level for finals. This includes deleting all of my social media," said Adrian-

na York, sophomore in hotel and restaurant management.

"I realized I was spending more time on social media than school work. I needed to re-prioritize and make sure that my grades didn't slip when it matters most."

Jason Coleman, undergraduate and community services librarian, also has some study tips for students.

"My favorite study tip is to take frequent, short breaks and to get up and move around during those breaks," Coleman said. "During each bout of studying, we remember the material we cover at the beginning and the end best. Therefore, several small bouts of studying are much better than a few large chunks."

One important factor that can determine how successful a study session will be is the location. An ideal place to study is quiet, isolated and free from distractions. While some students have the ability to study in groups, going to a place full of distractions (like a friend's house, coffee house, or greek house) has the potential to ruin productivity. Studying alone is a good way to ensure



Caitlyn Massy | Collegian
Courtney VanCleave, graduate in public administration, studies in the Leadership Studies Building on Wednesday.

focus.

Spending time outdoors is also a great way to take a break and relax for awhile in between study sessions. In an

AARP article, developmental psychologist and researcher Marti Erickson says that outdoor activity "may be one of the best and most accessible

natural stress-busters any individual or family could find."

STUDY | pg. 8

Seasoned students provide helpful tips, advice to prep for finals week

Chirs Powell
contributing writer

Around campus, greetings of "Have a nice day" are being traded for "Good luck on your finals!" Casual attire is being traded for presentation-worthy formal wear, and students can feel the air of seriousness accompanying even some of their most care-free friends.

Most students have at least one semester of finals under their belt, and some are preparing for the eighth, tenth or even round 12 of final exams. The advice of seasoned veterans of this stressful time can help students make the most of finals week.

One tip that several students had is to make a plan and stick to it. Experienced students sug-

gest planning out how much time to spend studying for each final to achieve the desired grade, using time effectively and being proactive during finals week.

"Don't wait, because a lot of people put it off thinking they have tons of time even during dead week, and it's just so much

ADVICE | pg. 8

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finals guide

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For details see map.

110

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the collegian

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200

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205

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255

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330 Business Opportunities

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Concepts Sudoku

By Dave Green

			4	6		1	
5		7	1		2		
	2			9		8	
		6				9	5
3							4
4	9				6		
	8		3			2	
		9			7	3	1
	5			2	6		

Difficulty Level ★★

8/30

Answer to the last Sudoku.

4	8	9	3	5	2	1	7	6
3	7	6	9	4	1	8	2	5
1	5	2	7	8	6	4	3	9
7	9	1	5	6	3	2	8	4
2	6	8	4	1	9	3	5	7
5	3	4	8	2	7	6	9	1
9	2	7	1	3	4	5	6	8
8	4	3	6	9	5	7	1	2
6	1	5	2	7	8	9	4	3

Difficulty Level ★

4/30

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ADVICE | Experienced students suggest sleep, planning, study groups

Continued from page 6

easier if you start now instead of waiting up all night the night before finals,” said Jonathan Pyle, sophomore in biology. Although summer is very close, procrastination is not the way to go to ensure a successful finals week, students and professors said. “I think there is a tendency to just try to cram at the end, and while you need to spend a good deal of time studying, it also is important to take care of yourself during finals week,” said Brianne Heidbreder, assistant professor of political science. In addition to planning out the week, students suggested getting as much sleep as possible. This is a tip that science agrees with. According to a WebMD article by Camille Peri, sleep not only affects memory, but also the ability to focus. Getting a week of good sleep can help ensure students stay focused during finals week and help with the retention of information.

Being caught up on sleep is only good if study methods are effective as well. There are many different ways to study, and some work better than others, students and professors said. “The best way to study is to use a collection of people — a conversational group of three to five or six people,” said Bruce Glymour, professor of philosophy. “You should retrace the readings and the arguments in the readings and take sides. Who do you think’s got the better position and why? Which of the arguments work and why?” It is time to take notes from students who have been through this week several times. Start early, plan ahead, get plenty of sleep and engage in active learning to ensure a positive outcome and reduce stress during finals week.

Editor’s Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

STUDY | Library a prime study spot with late-night “Caffeine Fix” events

Continued from page 6

Another popular place to study year-round, especially during dead week and finals week, is Hale Library. During finals week, the library staff focuses on helping students be successful. Sunday through Tuesday of finals week, from 10 p.m. to midnight, the library will offer a “Caffeine Fix” for students, according to Julie Wright, undergraduate experience librarian. “We will have coffee from Einstein’s and Bluestem Bistro and a variety of tea. For food, we will have bagels from Einstein’s and Panera, donuts from Varsity Donuts, subs from Jimmy John’s and some assorted snacks,” Wright said. “The library staff will be serving everything, so it’s a great opportunity to meet and greet with them and strike up a conversation with a librarian.” It’s also not too late to take advantage of the re-

search assistance the librarians offer. “We offer one-on-one consultations for research papers that are available to set up on the Hale Library website. That way, the research is tailored specifically to you,” Wright said. Finals week can be stressful, but with the right location, methods and resources, it is possible to get through. Remember to study for shorter time periods, with short breaks in between. By taking advantage of both the online and on-campus resources, students can make it to summer with sanity and grades intact.

Editor’s Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

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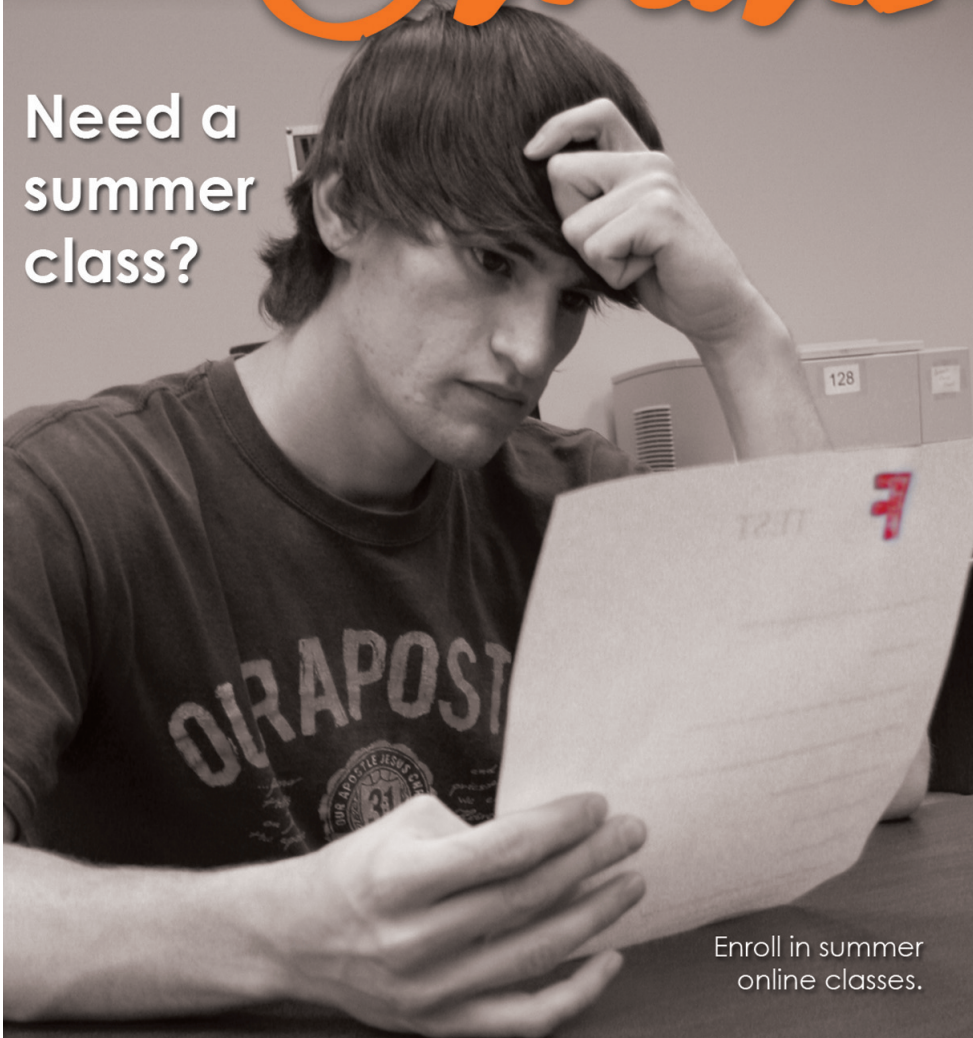
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